



PARKS, RECREATION & COMMERCIAL FACILITIES

## JR. HIGH FLAG FOOTBALL for 7<sup>th</sup> & 8<sup>th</sup> Graders

In order to make the 7<sup>th</sup> & 8<sup>th</sup> grade afterschool sports program more uniform; the Flag Football league will be a 7 man-passing league. There are several aspects that are especially attractive to our staff and they are as follows:

- Everyone plays
- This type of program eliminates contact
- Fewer people are on the field at one time
- **No blocking is allowed**
- No one is designated as a full-time blocker
- Coaches must remain on the sideline during the game. Coaches cannot be on the field.



## JR. HIGH FLAG FOOTBALL RULES AND REGULATIONS

- A team consists of 7 players.
- Each team will supply its own ball to be used when the team is on offense. This will allow a team to choose between the Intermediate or Collegiate size.
- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield.
- Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its five-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its five-yard line.
- Teams will receive four downs to get across midfield for a first-down. They will then receive four downs to score a touchdown. There will be no declaration of punt. If a team does not get the first down in their four plays, then the ball will be turned over to the opposing team on their own five-yard line.
- If a player's (in possession of the ball) flag should fall off without being pulled by an opponent, the play shall become dead, and the ball shall be spotted at the point the flag touches the ground. If a player's (not in possession of the ball) flag should fall off without being pulled by an opponent, and that player should receive the ball, the ball will become dead at the spot the player received possession of the ball.
- If a player is found to have tied on a flag so as to make it more difficult or impossible to remove, the play shall become dead at the point the violation is recognized, and a ten-yard penalty against the offending team shall be enforced.
- All shirttails shall be tucked in at all times.

### ATTIRE:

- Rubber soled shoes or molded cleats only. No screw-in or metal cleats allowed. Inspections can and will be made.
- Each team must wear similarly colored uniforms (shirts).
- All players are encouraged to wear a mouthpiece.

### TIMING/OVERTIME:

- Games are played to 40 minutes. Two twenty minute running halves.
- Overtime will be 5 minutes and each team will have one 60-second time out. There will only be one overtime allowed.
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one (1) 60-second time out per half.
- Officials can stop the clock on their own discretion.

### SCORING:

- Touchdown = 6 points
- Extra point = 1 point (played from the 5-yard line)
- Two points (played from the 10-yard line)
- Safety = 2 points

### RUNNING:

- The quarterback cannot run the ball.
- Only one run per four downs.
- “No running zones” – located five yards from each end zone and five yards on either side of midfield, are designed to avoid short-yardage power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage, but play will still count as running play.
- Once the ball has been handed off, all defensive players are eligible to rush. There is absolutely no rushing on any other plays.
- No hurdling or diving allowed when in possession of the ball to gain yardage. (\* revised)
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

### RECEIVING:

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Players must have at least one-foot inbound when making a catch.
- **No blocking at any time.**
- **Laterals beyond the line of scrimmage are allowed. (The hook & ladder play is legal).** For an illegal forward lateral, the ball will be placed down at the spot where the illegal lateral was made.

### PASSING:

- All passes must be forward and received beyond the line of scrimmage.
- Shovel Passes are allowed but must be received beyond the line of scrimmage.
- QB has a five-second “pass-clock”. If a pass is not thrown within the five seconds, play is dead, and will be considered as an incomplete pass. Once the ball is handed off, the five-second rule is no longer in effect.
- Interceptions change possession of the ball at the point of interception. Interceptions cannot be returned. The intercepting team takes possession of the ball at the point it was intercepted.
- A player must wear a flag belt in order to be considered eligible to receive a pass.

### DEAD BALLS:

- Ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Note: There are no fumbles. The ball is spotted where the ball hits the ground.

### SPORTSMANSHIP/ROUGHING:

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED. Violators may be removed from the program with no refund!
- Trash talking is illegal. Officials have the right to determine offensive language (trash talking is talk that may be offensive to officials, opposing players, teams, or spectators). If it continues, the player or players will be ejected from the game. Violators may be removed from the program with no refund!

### PENALTIES:

**The Referee will call all penalties.**

#### Defensive:

- Offside – five yards and repeat down.
- Interference – ten yards and automatic first down.
- Illegal contact (holding, blocking, etc.) – ten yards and automatic first down.
- Illegal flag pull (before receiver has ball) – ten yards and automatic first down.
- Illegal rushing – ten yards and automatic first down.

#### Offensive:

- Illegal motion (more than one person moving, false start, etc.) – five yards and repeat down.
- Illegal forward pass (pass received behind the line of scrimmage) – five yards and loss of down.
- Offensive pass interference (illegal pick play, pushing off/away defender) – ten yards and repeat down.
- Flag guarding – ten yards (from line of scrimmage) and loss of down.
- Delay of game – clock stops, ten yards, and repeat down.

Officials determine incidental contact, which may result from normal run of play. All penalties will be assessed from the line of scrimmage. Only the team captain may ask the official questions about rule clarification and interpretations. Players cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines the penalty.

(8/04/09)